

PRINCESS CRUISES
come back home

1 DAY sale JUNE 18

THE WORLD OF PRINCESS IS ON SALE!

Book a cruise on June 18th and get up to \$100 onboard cash credit, up to \$650 in onboard coupons, FREE drinks & much more!*

(613) 226 9666 cruisecenters.com/Ottawa Expedia[®] **cruise ship centers**

*Offers are per stateroom based on double occupancy on select sailings & vary by destination, departure date & stateroom category. Valid for new bookings created & deposited June 18, 2016 and are subject to availability & may be withdrawn at any time. Additional restrictions apply. Contact us for full terms & conditions. TICO# 50009272



Ottawa metro

Your essential daily news | WEDNESDAY, JUNE 15, 2016

FOR THE LOVE OF LEMONS

Vegetarian recipes make this summer citrusy

metroLIFE



High 27°C/Low 15°C Sunny



UP IN SMOKE

Changes to provincial law threatening Ottawa marijuana vape lounge
metroNEWS

A woman smokes a joint during the annual 420 marijuana rally on Parliament Hill on April 20 in Ottawa. THE CANADIAN PRESS

Ottawa still tweaking infill housing bylaw

MUNICIPAL BOARD

Major sticking points building heights, rear yard setbacks



Lucy Scholey
Metro | Ottawa

From boxy-looking buildings to backyards, community associations and builders continued to wrangle over the finer points of an infill bylaw on Tuesday.

The city is two Ontario Municipal Board hearings away from finalizing the "infill two" bylaw. Once approved, it will lay out the rules for rear yard setbacks, height, building mass and projections in inner and outer urban wards.

Council initially approved the infill bylaw last July, but appeals have since been filed to

the board. The major sticking points are building heights and rear yard setbacks.

The Old Ottawa East Community Association has filed an appeal on the maximum 11-metre height allotted for triplexes in some neighbourhoods. The group thinks the height should be scaled back, partly to prevent builders from sneaking in a fourth basement unit.

Stephen Pope, a member of the community association, said builders will often hide bedrooms in their building plans, as a way to disguise rooming houses.

"You see a room with a big window, big enough for a bed and it's got a closet and it's labeled 'Music Room,'" he said. "The structures of planning are such that that's not questionable."

City staff say 11 metres is more reasonable for triplexes, but it will be up to the Ontario Municipal Board to decide. The final hearing is Sept. 19.



0% LEASE OR FINANCE
Plus, up to **\$1,500** in cash incentives*

For local offers, visit getyourtoyota.ca
or see your Toyota dealer today.



*Limited time retail lease offer provided through Toyota Financial Services on approved credit based on a new 2016 Corolla CE 4A Standard Package/Camry LE Standard Package at 0% lease APR for 36 months. Monthly payment is \$198.75/\$287.26 (which includes the application of a \$1,500/\$1,000 cash incentive) with \$0 down payment or equivalent trade-in, \$1,590/\$1,690 Freight & PDI, \$0 security deposit and first monthly payment due at lease inception. Total lease obligation is \$7,355.00/\$10,341.36. Taxes, air conditioning charge of \$100 where applicable, license, insurance, registration and applicable fees are extra. 72,000 kilometer allowance, charge of \$0.0750/10 for excess kilometers. Limited time retail purchase financing offer provided through Toyota Financial Services on approved credit on a new 2016 Corolla CE 4A Standard Package/Camry LE Standard Package based upon \$18,815/\$24,655 financed at 0% APR equals \$486.42/\$660.69 per month (which includes the application of a \$1,500/\$1,000 cash incentive) for 36 months. Cost of borrowing is \$0, for a total obligation of \$17,511.22/\$23,784.84. Taxes, Freight & PDI of \$1,590/\$1,690, Air Conditioning Charge of \$100 (where applicable), license, insurance, registration and applicable duties, levies and fees are extra. Cash incentives include taxes and are applied after taxes have been charged on the full amount of the negotiated price. Offers are valid from June 1, 2016 and June 30, 2016. Vehicles must be purchased, registered and delivered between June 1, 2016 and June 30, 2016. Dealer may sell/lease for less. Offers subject to change/cancellation without notice. See your participating Toyota dealer or www.toyota.ca.

Apple Pay. Shop with comfort. Pay with ease.



Introducing Apple Pay with TD.

Now you can use your personal TD Access Card or TD Visa* Card with Apple Pay.

A fast, easy and secure way to pay so you can shop with confidence.

Learn how to add your card
[at td.com/applepay](http://td.com/applepay)



Banking can be
this comfortable.





Simplicity is key: Advocates

TRANSIT

Groups pitches way for city to offer low-income pass

 **Emily Jackson**
Metro | Vancouver

A low-income transit pass is possible if OC Transpo just goes back to basics, a community group says.

The Transit Working Group will bring an alternative fare table to the transit commission Wednesday morning, when commissioners vote on a total system overhaul ahead of light rail.

Advocates were appalled last week when the new fare table was released without a low-income transit pass — and a \$6.50 monthly fare hike for adult pass holders.

"If low-income people can already not pay for their pass,



Heather Stecher, a long-time transit advocate, says OC Transpo can fund the low-income transit pass if it goes back to basics. EMMA JACKSON/METRO

how do they figure they're going to pay (\$6.50) more a month?" asked advocate Heather Stecher.

Right now, about 8,800 low-income transit users don't qualify for discount passes, according to staff calculations.

Staff have laid out three options for funding a low-income transit pass (assuming the province doesn't agree to foot the \$3.3-million bill): increase other discount fares, spread it across all monthly passes, or hike the

regular adult pass to \$118.25.

Stecher's group is instead suggesting the city offer one regular monthly pass and one low-income pass, plus cash and e-purse fares.

"They didn't have dollar

amounts worked out on Tuesday. The plan would let any person living below the low-income cutoff access affordable transit. Anyone above it — regardless of student, senior or disability status — would pay regular fares, Stecher said.

City staff wouldn't comment on the network overhaul ahead of Wednesday's meeting.

But Coun. Jeff Leiper, a commission member and a vocal low-income pass supporter, said juggling the fare structure to serve everyone — without raising taxes or adjusting the fare box ratio — is tougher than it looks.

"It's frustrating," he said. He's not sure he agrees with the group, which would cancel categories like the child's cash fare.

Leiper suggested budget season is the best time to promote the pass, instead of trying to carve it out of existing fares.

"It's going to take more thinking than we're able to do tomorrow around the committee table," he said.

OTTAWA 2017

A 4-day fête of hockey

 **Haley Ritchie**
Metro | Ottawa

The Ottawa Senators are teaming up with Ottawa 2017 to bring the Stanley Cup to Ottawa and celebrate the long history of hockey in Canada.

The 2017 year encompasses a number of anniversaries, including the 25th anniversary of the Ottawa Senators, the 150th birthday of Canada, the 100th anniversary of the NHL and the 125th anniversary of the Stanley Cup. To celebrate, Ottawa will host a four-day hockey-themed celebration in March 2017.

Events will start on March 15 with an evening gala at the Canadian Museum of History and a new exhibition celebrating hockey, culminating on March 18 when the Lord Stanley's Gift monument is unveiled on Sparks Street.

HEALTH

Attorney general voices support for supervised injection site

 **Joe Lofaro**
Metro | Ottawa

Ontario's new attorney general says Ottawa should heed the advice of its top doctor, who is publicly urging the city to support supervised injection sites.

In his first interview since Monday's cabinet shuffle, Ot-

tawa Centre MPP Yasir Naqvi expressed support for the controversial sites as a means to reduce harm to drug addicts.

"I believe in evidence-based solutions," Naqvi told Metro on Tuesday morning.

"If the officer of health is telling us that the evidence results in better care and ensuring people get the treatment and

that we reduce the harm to the individual and to others through reducing the risk of the transfer of HIV and hepatitis C, then we should pay close attention to that expert advice."

In a report to be tabled at Ottawa Public Health's June 20 meeting, Ottawa's Chief Medical Officer of Health Dr. Isra Levy wrote, "There is a need to

expand services to include SIS in Ottawa," adding the site in Vancouver has shown documented success over the years.

Levy's stance on the issue is at odds with Mayor Jim Watson and police Chief Charles Bordeleau, who both vehemently oppose the model.

Rob Boyd, director of the harm reduction program at the

Sandy Hill Community Health Centre, which is where the proposed supervised injection site would be located, is seeking a federal government exemption to open the facility.

Naqvi, who was the former Minister of Community Safety and Correctional Services, said he supports all forms of harm reduction for people with drug addictions, and suggested Watson and Bordeleau consider expert opinion.

"The officer of health is advising them to look into it and the decision does rest with the federal government because it's an exception from the Criminal Code at the municipal level," said Naqvi. "I think we should always make evidence-based decisions."



DR BUMPER
FAST • FRIENDLY • AFFORDABLE

**SAME DAY SERVICE
MOST BUMPERS**

613-220-7066
DRBUMPER.CA

**STARTING AT
\$499**
CERTIFIED PARTS

**TRAIN FOR A CAREER AS A
MEDICAL LAB
TECHNICIAN**

This program is designed to prepare you for a challenging career in a medical laboratory or medical clinic. Our program will train you to perform standard medical lab tests and ensures that you are prepared to successfully undertake the OSMT and/or the CSMLS exams.

CLASSES STARTING SOON

**CONTACT US TODAY
613-722-7811**



ALGONQUIN CAREERS ACADEMY
1830 Bank St, at Walkley station • 613-722-7811 • www.algonquinacademy.com

Vape lounge to be ‘targeted’: Owner

MARIJUANA

Advocate plans to file complaint if shop closed

Emma Jackson
Metro | Ottawa

The founder of a marijuana vapour lounge on Montreal Road said he “absolutely” expects to be targeted by city bylaw when the province updates its smoking regulations.

The Ontario government passed amendments to the Smoke-Free Ontario Act last Thursday, which make it possible to ban medical marijuana and e-cigarettes anywhere tobacco is already prohibited. That includes private businesses, so Wayne Robillard’s vape lounge, called Buzz On, could suddenly find itself on

the wrong side of the law.

“All vape lounge operators across Ontario are concerned,” Robillard said.

It’s especially frustrating when the federal government is in the process of legalizing marijuana, he said.

“It’s really a crazy time to institute this thing,” Robillard said.

Bylaw chief Roger Chapman said his department will target “businesses who are non-compliant” once the new rules take effect. It’s not clear when that might be.

Robillard said he’ll “make every attempt to stay open” for his 250 monthly customers, but the business isn’t a money-maker and he can’t afford any fines.

Russell Barth, a pot advocate who live streams his weekly podcast from Buzz On, said he plans to file a human rights complaint if the lounge shuts down. He argues that will infringe on his right to medicate at will, and will thwart his income from the show.



Pot advocate Russell Barth says he'll file a human rights complaint if new smoking laws shut down Ottawa's only vapour lounge. EMMA JACKSON/METRO

Find every kind of gift for every kind of Dad.

Or let him choose with an LCBO gift card.



Father's Day is Sunday, June 19.

Please socialize responsibly.

Le contenu de cette publicité est offert en français sur notre site web : lcbo.com/publicite



POLICE

Flat Earth campfire row leads to mischief

Brockville police are seeking a 56-year-old man in connection with a family dispute at St. Lawrence Park on Monday night.

The man was at a campsite with his son and the son’s girlfriend.

The older man became angry during a discussion about the shape of the Earth, according to a police news release.

The female insisted the Earth is flat; the man argued it is round.

He allegedly started throwing items into a camp-

+ DEBATE

Neither party would change his or her views, the release states.

fire; this included a propane cylinder.

City police and fire departments responded at about 10:30 p.m., and the fire was extinguished. The suspect had left the scene, and police are trying to locate him so he can be charged with mischief.

METROLAND MEDIA

MINISTRY OF TRANSPORTATION

Woman fakes driving test for elderly mother

An Ottawa woman was caught taking her mother’s driving test for her at a Smiths Falls Ministry of Transportation office on June 9.

Smiths Falls Police said the 39-year-old Kars woman wore a wig and glasses and dressed in her mother’s clothing to

take the test on behalf of her 73-year-old mother.

The driving instructor apparently became suspicious and called police to the MTO office.

The woman was charged with adult impersonation with intent. EMMA JACKSON/METRO

TODAY ONLY!

IN STORE AND AT THEBAY.COM
FREE ONLINE SHIPPING ON ORDERS OF \$99 OR MORE.*

Wednesday,
June
15

Save \$55
\$1999

Regular \$75

Men's dress
shirts by
**KENNETH COLE
NEW YORK** and
TOMMY HILFIGER

Choose from slim-fit KENNETH COLE
NEW YORK and regular-fit
TOMMY HILFIGER shirts in a range
of patterns and solids.



Canada's #1 seller of dress shirts

Save \$50
\$1499

Regular \$65

Boxed 100% silk ties
by **KENNETH COLE
NEW YORK** and
TOMMY HILFIGER



HUDSON'S BAY

50% off

**ALL CLEARANCE DESIGNER HANDBAGS
ENDS TOMORROW, JUNE 16, 2016**

Off our original prices. In our handbag department. See store for details.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection. See in store for details.
***FREE SHIPPING:** Receive free standard shipping on a total purchase amount of \$99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbeques and mattresses.

'My wife makes me angry'

CAMPAIGN

Program gives counselling to abusive men

Yvette d'Entremont
Metro | Halifax

Three stark black and white posters with powerful messages were unveiled Tuesday at Halifax Regional Police headquarters ahead of a panel discussion about men's violence against women.

"My wife makes me angry so I push her. My son makes me angry so I push him. I'm angry that I can't be a better man," states one of the posters.

The launch of New Start Counselling's 'On being a better man' campaign raised questions about funding for the organization that provides counselling for men who abuse their intimate partners.

The group received funding to create the impactful posters, but has no advertising budget.

Wendy Keen, executive director of New Start Counselling, said her program is strug-



Wendy Keen, the executive director of New Start Counselling, unveils their poster campaign at Halifax Regional Police Headquarters on Tuesday, in Halifax Nova Scotia. JEFF HARPER/METRO

gling due to a lack of resources. Funded through a provincial operating grant of \$235,000 a year, she said they've been forced to prioritize clients because they only have 2.8 full time counsellors.

"This work is so important because it's not just about

men, it's about families," Keen said, noting they could triple their staff next week and still be busy.

As part of the panel discussion on men's violence against women, Halifax Regional Police Staff Sgt. Scott MacDonald announced they'd recently ex-

panded their crime prevention unit to include a constable who will focus on domestic violence crime prevention.

"We know...that in many domestic abuse situations the victim will go back to the abuser for a variety of reasons," he said.

"The addition of a domestic

It's not just about men, it's about families.

Wendy Keen

violence prevention officer improves our ability to hold the abusers accountable as well as assist them in getting the help they need to change their behaviour and stop the violence."

Alice Housing's executive director Heather Byrne was one of many representatives who attended the event. Her organization provides housing and supportive counselling to women and children leaving domestic abuse.

She applauded New Start Counselling's poster initiative.

"I would just like to commend New Start for continuing their focus on serving men who are the other half of this equation," she said.

"If we are not focusing the time and attention on these men, we are not going to actually reduce incidents of intimate partner violence."

HEALTH

Doctors to test kids' lungs

Jeremy Simes
For Metro | Calgary

Alberta doctors have launched a clinical assessment trial to understand how Fort McMurray's air quality will affect children's lungs after wildfires decimated the region in early May.

Dr. Irena Buka, director of Edmonton's Children's Environmental Health Clinic, said doctors spearheaded the trial after learning arsenic ash was found at some sites in the city.

IN BRIEF

London mayor admits to affair with deputy

The mayor of London, Ont., Matt Brown, is temporarily stepping down after admitting to a brief "inappropriate" affair with Deputy Mayor Maureen Cassidy, who resigned Tuesday evening, according to AM980.ca.

OUR LONDON/METROLAND MEDIA

BRITISH COLUMBIA

MP under fire for petition to loosen laws on AR-15 rifle

David P. Ball
Metro | Vancouver

NDP MP Nathan Cullen took a fellow northern B.C. politician to task Tuesday for sponsoring a petition that would make it easier for Canadians to get their hands on a semi-automatic rifle like the one used in the Orlando massacre and other U.S. mass shootings.

Cullen argued that Conservative backbencher Bob Zimmer's support for reclassifying the AR-15 rifle — a civilian version of the U.S. Army's M-16 assault weapon — as an unrestricted hunting gun is "not defensible."

"Hunters I know don't use this gun for hunting," the New Democrat told Metro in a phone interview. "You certainly wouldn't use it in your practice as a farmer."

"Any argument that says this is simply a hunting weapon probably hasn't been hunting lately. This is not a hunting gun. It's designed to do what it did in Orlando, which is to kill people."

Contrary to many media reports since Sunday's Pulse gay



A Conservative MP is facing criticism from his peers over his petition to classify the AR-15 as an unrestricted hunting gun.



This is not a hunting gun. It's designed to do what it did in Orlando, which is to kill people.

NDP MP Nathan Cullen

bar massacre, the main gun the shooter used was not in fact a Colt Armalite Rifle (AR-15), but another company's adaptation — a Sig Sauer MCX carbine.

Regardless of the name, however, both weapons are civilian versions of the U.S. military assault rifle M-16, and can be easily modified to illegally make them fully auto-

matic. In Canada, restricted weapons can only be fired at authorized ranges, can only fire five rounds, and require strict permits.

Zimmer sponsored the petition through a new electronic system launched last year, and presented it in Parliament on May 13. He did not respond to Metro's interview requests.

ORLANDO

Shooter was seen at nightclub

The murky picture of Orlando gunman Omar Mateen grew more complex Tuesday with word that the FBI is investigating whether he had been a regular at the gay dance club he attacked and had been living a secret life as a gay man.

As victims described the bloody horror of the massacre during a riveting hospital news conference, investigators continued to gather information on the 29-year-old American-born Muslim — and took a close

look at his wife, too — for clues to the attack that left 49 victims dead.

A number of possible explanations and motives for the bloodbath have emerged, with Mateen professing allegiance to Daesh in a 911 call during the attack, his ex-wife saying he was mentally ill, and his father suggesting he was driven by hatred of gays.

On Tuesday, a U.S. official said the FBI is looking into a flurry



Omar Mateen
ASSOCIATED PRESS

of news reports quoting patrons of the Pulse as saying that Mateen frequented the nightspot and reached out to men on gay dating apps. The official was not authorized to discuss the investigation and spoke on condition of anonymity.

Jim Van Horn, 71, told The Associated Press that he saw Mateen repeatedly at the bar and talked to him once.

THE ASSOCIATED PRESS

HALIFAX

Stranger changes views, says sorry to gay hair salon owner

Yvette d'Entremont
Metro | Halifax

On Monday morning, Fred Connors says he got a Facebook message from a stranger who said he'd always hated Connors because he was gay.

But the man went on to say he'd changed his views in light of the deadly attacks at Orlando's Pulse nightclub. The man, who said he lived on Connors's street, felt ashamed and wanted to apologize.

"This is 2016 and an adult

male with children in my neighbourhood actually believed that there was something biblically wrong with me because I was gay," Connors said during a phone interview in between clients at his New York City salon.

"This led him to hate me and my partner and not support our business even though he saw the work we were doing in the community and the impact it was having. So what I do find is it often takes big tragedies to create paradigm changes."



Fred Connors
HALEY RYAN/METRO

The Halifax businessman said he was very touched by the message, and was glad the man had changed his way of thinking.

Like Connors, the man had been raised Catholic.

"This event did something for him much more than it did for me. Great. You don't hate me anymore, but my life isn't different," Connors said. "Your life is, because you've stopped hating gay people just because you were told you should by your religion."

metr

Your essential daily news

Wednesday, June 15, 2016

ROSEMARY WESTWOOD ON AMERICA'S DIVISIONS

The concept of a national conversation was lost somewhere along the way to the reality of a national stalemate. And that is fairly terrifying.

In Louisiana, where temperatures hug the low-30s and 80 per cent humidity regularly thickens the air, it's apparently not enough to be on death row.

State officials there have spent \$1 million fighting a court order to install air conditioning (more than the cost of said air conditioning), by arguing prisoners can make do with cold showers.

No air conditioning. In Louisiana. On death row. It's a bad joke, except it's actually a headline. And that is the case so often in America these days. When Donald Trump — waving his golden scepter and adjusting the TRUMP crown on his head — pulled press credentials from the entire Washington Post this week, it was a move without precedent that should signal to Trump's followers just how little he cares about freedom. In this case, of the press.

Trump banned the "phony and dishonest" Post after it ran a story about Trump's conspiracy-theory suggestion that President Barack Obama may be somehow involved with the Orlando shooting. That statement, too, should signal to Trump's followers all the sunbathing has finally given Trump perpetual sun-stroke, to the point that he sees Daesh sympathy in a man condemned internationally for going too

far (in particular with drone strikes) to kill terrorists.

But then we have to ask: What are Trump support-

ers thinking about all this? And what we've learned in the last year is, they're not really thinking at all. They just love Trump, whatever he says. And the crazier it gets, well, the crazier it gets. It's brand power the Queen would envy. And it suggests a definable, if also unknowable, group who can't be reached by reason or reportage. How big that group is, we may never know. But it was big enough to earn him the Republican nomination.

More generally, the attacks in Orlando have revealed not just deep, but perhaps insurmountable ideological differences among Americans. While Hillary Clinton hammers

home the need for gun control, and comedian Samantha Bee slams Florida's governor for his inaction,



ment that is America? I consider it a human duty to be able to relate to others, or at least to try.



Penny Milligan, of Morganton, N.C., shows her support for Republican presidential candidate Donald Trump outside a rally in Greensboro, N.C., on Tuesday.

CHUCK BURTON/THE ASSOCIATED PRESS

And I'm failing, because I can't understand a person so "tough on crime" they can't even install air conditioning for a few dead-men-walking, or someone so afraid of controls on guns they'd rather live amid routine mass shootings via assault rifles.

That Trump stands to actually gain more support, after all we've seen, genuinely baffles me. But Americans undoubtedly know better. The concept of a national conversation was lost somewhere along the way to the reality of a national stalemate. And that is fairly terrifying. In this era of intractable difference, are there any minds still open to change? And what does that say for the shared experi-

America feels, more than ever, deeply unknowable, deeply foreign, and deeply stuck.

By grace of lady luck, sinkhole didn't sink us

COLLINS' CAPITAL

**Steve
Collins**



tion was a cause, this latest cave-in could potentially mess with timelines, with Rideau Transit Group warning the project, which has so far generally delivered on the mayor's "on time and on budget" mantra, might lose up to a month.

It's been pretty smooth digging so far, but tunnels are notoriously tricky.

The fool's-gold standard of how badly they can go is probably still set by Boston's "Big Dig" highway project, finally completed in 2006. It had been slated to cost \$2.6 billion back in 1985, but suffered a seemingly endless series of delays and cost overruns. Once the bill is paid off in 2038 or so, it'll be an estimated \$24 billion with interest charges rolled in.

That keeps our own little setback in perspective, doesn't it?

What struck me last week was how quickly Ottawa adjusted to this disturbing shift in the landscape. Buses rerouted? Road closures and parking restrictions? We know this drill. Especially in our dug-up downtown core, we've gotten good at adapting. Some of the traffic closures even made for easier pedestrian crossings.

Re-routing Rideau Street buses onto Mackenzie King Bridge seems second nature by now. Below the bridge last Wednesday, I watched an army of shut-out kitchen staff in their whites, chilling out and smoking canal-side, then breezily hopped on my bus and told the driver, "Get me outta here."

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

metr
Your essential daily news

CHIEF OPERATING OFFICER, PRINT

Sandy MacLeod

VICE PRESIDENT & EDITOR

Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,

REGIONAL SALES

Steve Shroud

MANAGING EDITOR OTTAWA

Steve Rennie

ADVERTISER INQUIRIES

adinfoottawa@metronews.ca

General phone 613-236-5058

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan



Philosopher cat now at
www.mymetrostore.ca



When life gives you lemons

INTERVIEW

Vegetarian recipes include bright notes of citrus flavours

Melita Kuburas
Metro | Canada



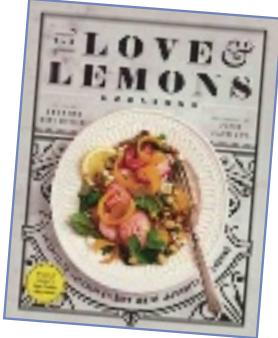
Eating vegetables will never go out of style.

"That can't trend out," says Jeanine Donofrio, creator of the Love & Lemons food blog who just released a cookbook that features all vegetarian recipes — an A to Z (or Apples to Zucchini) guide to cooking with plants.

Much like the nose-to-tail philosophy that meat lovers subscribe to, Donofrio is committed to wasting no part of the beloved plants she chops up.

"I try to think of what I have before I go back to the store," says Donofrio, who is from Austin, Texas. "I can make a whole thing of pasta with two leftover radishes and leftover spinach."

A perfect example of her commitment to reducing waste and saving money in The Love & Lemons cookbook (Viking, \$35) is the Carrot-Ginger Grain Bowl,



in which she uses the tops of the carrots in the meal.

But don't think using scraps makes the food look messy.

As a graphic designer, Donofrio thinks visually first. She left her job in 2011 to start the blog with her husband, and she collaborated with a former coworker on the book.

"I think of design elements like colour, pattern or texture when I'm creating a recipe. Also, I think about how it will look on the plate and how the flavours will work together," she says.

In that sense, the visually striking lemon theme is symbolic of her commitment to the esthetic. Most recipes do include a citrus component, however. "I like bright food so I generally find myself finishing things with a squeeze of lemon. Sometimes it's lime."



I thought of it in the middle of the night and I went to register the URL at 3 a.m. I was like, 'Oh that's it!'

Jeanine Donofrio, on LoveAndLemons.com



JOHANNA SCHNELLER WHAT I'M WATCHING

THE SHOW: Just Cuddle, S1, E4 (web series)
THE MOMENT: The waffles

A professional cuddler (Winter Tekenos-Levy) is with a client (Nancy Mamaïs) who recently learned she has a rare, debilitating brain disease.

(Both women are in their 20s.) The client plans to kill herself with painkillers and wants Cuddler to hold her as she takes them. But first she wants to use the waffle maker her aunt gave

her. As they eat, Client asks Cuddler how she began cuddling. "English degree," she says. "Saw a Craigslist ad."

"Something more," the client says. Cuddler explains that when she was young, her uncle had MS. One day she was home alone with him and he called her name. "I could see he was in pain," she says. "I went into my room and shut the door. What kind of a person does that?"

The press release for this web series, created by Michael Kimber



RECIPE FROM THE LOVE & LEMONS COOKBOOK

ROASTED CAULIFLOWER TACOS WITH CHIPOTLE CREAM

Serves 4.
Gluten Free

Ingredients:

- 1 medium head cauliflower, cut into small florets
- Extra-virgin olive oil, for drizzling
- 2 chipotle peppers from canned chipotles in adobo sauce
- 8 tortillas, warmed or grilled
- 1 medium avocado, sliced
- Cilantro
- 1 lime, sliced
- Sea salt and freshly ground black pepper

Ingredients for chipotle yogurt sauce:

- 7 ounces (200 g) full-fat Greek yogurt
- 1 chipotle pepper (from the can used above)
- 1 small garlic clove
- 1 teaspoon (5 mL) fresh lime juice
- 1 teaspoon (5 mL) extra-virgin olive oil
- 1 teaspoon (5 mL) honey
- Sea salt

Directions:

1. Preheat the oven to 400°F (200°C).
2. Line a large baking sheet with parchment paper. Add the cauliflower and drizzle with olive oil and a pinch of salt and pepper. Toss to combine. Working over the baking sheet, use your hands to break up 2 chipotle peppers, along with some of the adobo sauce. Toss again to coat the cauliflower, and roast for 25 to 30 minutes, or until golden brown.
3. Make the chipotle yogurt sauce: In a small food processor, combine the yogurt, chipotle pepper, garlic, lime juice, olive oil, honey, and a pinch of salt. Blend until smooth. Taste and adjust seasoning, adding more salt, pepper, and lime juice as desired.
4. Assemble each taco in a tortilla with a spoonful of sauce, the roasted cauliflower, and a slice of avocado. Serve with the cilantro and lime slices on the side.



EXCERPTED FROM THE LOVE & LEMONS COOKBOOK BY JEANINE DONOFRIO AND JACK MATHEWS. COPYRIGHT © JEANINE DONOFRIO, 2016. PHOTOGRAPH COPYRIGHT © JEANINE DONOFRIO AND JACK MATHEWS, 2016. PUBLISHED BY VIKING, AN IMPRINT OF PENGUIN CANADA, A DIVISION OF PENGUIN RANDOM HOUSE CANADA LIMITED. ALL RIGHTS RESERVED.

Just Cuddle taps into millennial awkwardness

and Elias Campbell, was savvy enough to include an Atlantic magazine article about real-life cuddlers, who work for agencies with names like Snuggle Buddies and earn up to \$80 (U.S.) an hour.

These webisodes (four so far) sound an alarm about, and offer a solution to, a type of anxiety that feels particularly millennial. The characters have tons of empathy for causes. Face to face, though, they find empathy awkward (and they hate awkward). Their lives are stuffed

with virtual friends but starved for human touch.

Cuddler is an answer, especially because she's utterly non-judgmental. This series is the Beatles song Eleanor Rigby translated to digital video and Cuddler is a human safe space. Just Cuddle can be seen on vimeo.com.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Pro cuddler in Just Cuddle (**Winter Tekenos-Levy**), left, with her client (**Nancy Mamaïs**) in web series Just Cuddle. CONTRIBUTED



From left to right: Margaret Atwood, Scottish artist Katie Paterson and Martin Shkreli. GETTY IMAGES/TORSTAR NEWS SERVICE

Is it still art if no one can enjoy it?

CULTURE

Authors and movie makers will postdate release of work

Some authors crave public adulation. Others are content to wait for it — even if it takes 100 years.

David Mitchell, the British author of the 2004 novel *Cloud Atlas*, is the second major writer to submit a manuscript to the Future Library Project, which will delay its publication until the trees in a Norwegian forest are mature enough to make the paper it'll be printed on, a century from now.

Mitchell, 47, won't be alive when the work comes out in 98 years. Neither will Canada's Margaret Atwood, 76, who gave a manuscript called *Scribbler Moon* to the project last year.

The project, which is the brainchild of Scottish artist Katie Paterson, began in the summer

of 2014 when 1,000 trees were planted in Nordmarka, Norway, near the country's capital, Oslo.

The City of Oslo and a public corporation jointly sponsored the project and paid for the trees to be planted and for a special room in the city's Deichman Public Library where the manuscripts will be displayed. Paterson's plan is for an "outstanding" author to do the same — providing both a print and digital copy of a new book — every year until 2114.

The participating authors aren't the only ones embracing the concept of delayed gratification. Actor-director John Malkovich and director Robert Rodriguez recently released a teaser trailer for their film *Years* — the Movie You'll Never See, in which the actor says, with mock gravity, "Imagine the future."

Inspired by a fine bottle of Louis XIII cognac — which the website notes retails for \$3,100 for a 700 mL bottle and is made from cognacs that have been aged for 100 years — the film has been sealed in a vault and

will not be screened until Nov. 18, 2115.

And in the marketing coup of the decade, hip-hop group Wu-Tang Clan produced a single copy of an album entitled *Once Upon a Time in Shaolin*, which the group announced it would sell to the highest bidder.

Along came hedge-fund entrepreneur Martin Shkreli, who paid \$2 million for the album last November. Shkreli had become the face of corporate greed and one of the most hated human beings on the planet for buying a pharmaceutical company and hiking the price of a life-saving drug by 5,000 per cent.

Shkreli bragged he bought the album to "keep it from the people" and hasn't even listened to all of its 31 tracks.

Last December, a month after his purchase, Shkreli was arrested by the FBI and charged with seven securities fraud-related charges. A guilty verdict on all of them could keep Shkreli in jail for 100 years.

TORSTAR NEWS SERVICE

NEW YORK CITY FUN

NYC - Washington DC - Philadelphia - Outlets
Departure: June 18, July 1, 16, 30 and more

3-day from \$179 4-day from \$229

All including Bus Transportation and Hotel Accommodation



738 Bronson Ave. 224-6 Hunt Club Rd.
613-236-5226 **613-236-2323**

www.midearth.ca

TORONTO - NIAGARA FALLS

2-day trip, 1000 Islands Cruise, Toronto, and Niagara Falls. Saturday departures
from \$119

MARITIME PROVINCES

PEI - Peggy's Cove - Halifax - Bay of Fundy
Departure: July 16, 23, 30 and Aug. 6, 13
6-day from \$379 7-day from \$439

QUEBEC CITY & WHALE WATCHING

Quebec, Montreal, Charlevoix, Whale Watching. Saturday departures
2-day from \$129 3-day from \$179

BOSTON - RHODE ISLAND

3-day trip. Departure: July 1, 30
from \$179

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Battle of the barbecues

Skip the sausage when you're firing up the grill.

PICK THIS

Marc Angelo Sweet Chili Chicken Kabobs

Serving 2 skewers (6 oz)
Calories 180
Fat 3g
Saturated fat 0.6g



SKIP THIS

Chicken Sausage

Serving 1 sausage (5.2 oz)
Calories 448
Fat 39.1
Saturated fat 13g



HERE'S WHY



Equivalent to 2 Pepperoni Personal Pizzas from Pizza Hut in fat.

When the weather is warm, we all love to cook most of our meals outdoors on the grill. Meat sausages are a tasty favourite, but even a chicken version is far from a healthy pick. Sausages are made from fattier cuts of meat with added fillers and excess sodium. Skip them this summer, as they serve up more than half of your daily allowance of fat and saturated fat, as well as 2.5 times more calories than the kebabs!



JUNE 17-18

BANK STREET GLOWFAIR

MUSIC + LIGHT + ART

NEW!!!! SILENT DISCO

NOW AT THE MORGUARD MAIN STAGE

FROM MIDNIGHT TO 2:00 AM
FRIDAY AND SATURDAY

(\$20 DEPOSIT - \$15 RETURN)

Morguard

jump! 106.9
NON-STOP HITS

ONTARIO
Yours to discover



GlowfairFestival



@Glowfair



@GlowfairFestival

WWW.GLOWFAIRFESTIVAL.CA

Your essential daily news

With 1,000 horsepower, Mazzanti Evantra Millecavalli is Italy's fastest supercar



New Camaro is really, really fun



REVIEW

Fast, efficient, great sound — there's a lot to like here



Craig Cole
AutoGuide.com

speed manual transmission, like our test car had, the SS should return 6.8 kilometres per litre in the city, 10.6 km/L highway and 8.1 km/L combined, which is not bad at all.

The Camaro I spent a week with was equipped with 1SS trim, which is the most basic version that's available with a V8 engine. Honestly, it's the one I'd get if I were spending my own greenbacks because with cloth seats, a stick and no bulls—, it's incredibly straightforward.

With a lightweight body and tons of power, it can hit 97 km/h in the four-second range. In fact, it's scary fast. From a standstill you go first, second, 137, what's my bail be set at, your honor? Why do you need a Z/28 or a ZL1? Unless you literally live at a track, the SS model is more than enough.

And it was worth the wait! SS models features GM's potent 6.2-litre LT1, a modern-day descendant of the original small block that was introduced back in the 1950s.

While practically every other automaker has abandoned push-rods in favour of overhead camshafts, this venerable V8 still uses 16 of the buggers to operate its valves. This configuration is a total throwback, but it delivers heady numbers, in this case, 455 horsepower and an equal amount of torque. That's 20 more thoroughbreds than the Mustang GT can supply, along with an almost an extra 82 kg-m of twist.

The Camaro's prodigious power is a given, but against expectations, the efficiency figures it's graced with are nothing to scoff at. Direct injection and variable valve timing help improve flexibility and fuel economy. When equipped with a six-

Aside from its engaging dynamics, the sound this Camaro makes is also enthralling. It burbles and pops, rumbles and snorts like an uncorked race car, sounds that come courtesy of that optional exhaust system.

Beyond all of this, the Camaro's magnetic ride control system allows you to completely change the suspension feel, from smooth and supple to kidney-jolting, all at the push of a button; it's pretty frickin' amazing how well this technology works, providing you with the best of both worlds.

The SS trim takes everything that's commendable about lesser Camaros and cranks it up, giving you more speed, sound and style. Sure, it may not be a perfect car, with several critical vulnerabilities, but is it ever fun!

THE CHECKLIST | 2016 CHEVROLET CAMARO SS

THE BASICS

Engine: 6.2-litre V8
Power: 455 horsepower
Transmission: Six-speed manual
Price: Starts at \$44,750, including destination



LOVE IT

- Aggressive styling
- Driving dynamics
- Incredible power
- Throaty rumble

LEAVE IT

- Useless trunk opening
- Crippling blind spots
- Not exactly cheap

TIPS

The best cars for riding with Rover



Sami Haj-Assaad
AutoGuide.com

Pet owners, assemble! Cars should be better built to accommodate your furry friends, but it turns out that many pet owners don't know what makes a car more pet friendly. Fortunately, we have an expert in all things pet-related, and she's here with some tips and things you should consider when buying a car and you have a pet. "As your dog ages, you may

find that your present vehicle doesn't cater to his needs," said PetGuide.com editor and former AutoGuide.com contributor Amy Tokic.

"He may need more room to lie down in the backseat, or a ramp to get in and out of the car."

Tokic says a hatchback is a more dog-friendly vehicle because it's low and has easy access. "The back pops open and your dog hops in. An added bonus: a large back window offers your dog a great view of the surroundings without

having to roll it down.

Cargo Versatility

Dogs love to move around and don't like being stuck in one place. The Magic Seats in the Honda HR-V and Honda Fit can fold flat or upwards, which allow for a level cargo area behind the front seats.

Cleanliness

"Cars that are easy to clean stay that way," explains Tokic. "If your dog sheds, good luck trying to get all of it off the fabric seats. Leather interiors are

+ PET LOVE

Subaru funded a whole study regarding the crash-worthiness of pet carriers and crates, while Volvo offers accessories designed for pet owners including a dog gate and ramp.

easier to clean — accidents and dirty paw prints wipe right off. On the flip side, they can get hot in the sun, and no one wants a burned butt."



For the canine that wants to see it all: Large back windows offer your pup a great view. ISTOCK



FINANCE FROM

**0%
84
MONTHS***

FOR UP TO

GET UP TO

\$4,000[†]

on select models

BONUS CASH** on other select models

[†]Touareg amount shown

2016

JETTA

1.4 TSI TRENDLINE
MANUAL TRANSMISSION

BI-WEEKLY FINANCE
FROM THE EQUIVALENT OF

\$45 at 0% for 84
WEEKLY MONTHS[‡]

WITH \$1,300 DOWN



Highline model shown



Highline model shown

2016

TIGUAN

2.0 TSI TRENDLINE FWD
BI-WEEKLY FINANCE
FROM THE EQUIVALENT OF

\$74 at 0% for 84
WEEKLY MONTHS[‡]

WITH \$0 DOWN

Highline model shown

Exceptional exists for less than you think.

See for yourself at vwoffers.ca. Offers end June 30.



Volkswagen

*Limited time finance purchase offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission with base MSRP of \$17,620, including \$1,625 freight and PDI, financed at 0% APR for 84 months equals 182 bi-weekly payments starting from \$90. \$1,300 down payment or equivalent trade-in due at signing. Cost of borrowing is \$0 for a total obligation of \$17,620. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Up to \$4,000/\$2,000/\$2,000 bonus cash available to be applied as a discount on MSRP on cash purchase only of select new and unregistered 2016 Touareg models / select Jetta models (excluding the 1.4T Trendline 5-speed manual transmission (#163VF1)) / select Tiguan models (excluding the FWD Trendline (#5N21V4)). Discount varies by model. **Finance payments of \$90/\$147 on the Jetta/Tiguan must be made on a bi-weekly basis and cannot be made weekly.** Weekly equivalent payments shown for information only. Limited time finance purchase offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) / Tiguan FWD Trendline (#5N21V4) base model with 5/6-speed manual transmission. Base MSRP of \$17,620/\$26,785, including \$1,625/\$1,795 freight and PDI, financed at 0% APR for 182 bi-weekly payments starting from \$90/\$147. \$1,300/\$0 down payment or equivalent trade-in due at signing. Cost of borrowing is \$0/\$0 for a total obligation of \$17,620/\$26,785. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end June 30, 2016 and are subject to change or cancellation without notice. Models shown: 2016 Jetta 1.8T Highline automatic transmission, \$27,995 / 2016 Tiguan 2.0T Highline R-Line automatic transmission, \$39,993. Vehicles shown for illustration purposes only and may include optional equipment. Visit vwoffers.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Jetta", "Tiguan", "Touareg", "TSI", "Highline" and "Trendline" are registered trademarks of Volkswagen AG. © 2016 Volkswagen Canada.

Nissan's sweet homage to doughnuts

SOCIAL MEDIA

Volkswagen releases the #PinkBeetle

Volkswagen has rolled out a special edition of the Beetle known as the #PinkBeetle.

The car, which VW claims is the first vehicle to be named with a hashtag, will be offered as a coupe and convertible this fall.

As can be expected, a unique shade of Fresh Fuschia Metallic paint coats the car. Inside, pink accents are found throughout while cloth seats are fitted with a plaid insert.

VW's latest MIB II infotainment system is fitted which offers VW Car-Net, App-Connect, Apple Car-Play and Android Auto.

STEPHEN ELMER/FOR METRO



WHEELS ROUND UP

News driving the auto industry brought to you by AutoGuide.com



HANDOUT

370Z NISMO Nissan doles out the sprinkles

Nissan celebrated National Doughnut Day earlier this month by decorating a bunch of donuts by doing donuts in a 370Z NISMO.

The brand has enlisted the help of Formula Drift driver Chris Forsberg to decorate some doughnuts with the spinning rear tires of the 370Z NISMO. In total, 1,270 kilograms of sprinkles were laid out on the ground for the 370Z to fling onto the waiting pastries.

A total of 325 doughnuts were covered in delicious sprinkles by the car after 15 passes were made.

To check out the process in all its glory, search for the How to Decorate a Donut with a Car video by Donut Media on YouTube.

STEPHEN ELMER/AUTOGUIDE.COM

LIFE IS A SPORT. GET IN THE GAME WITH THE NEW 2017 ESCAPE.

- 1.5L EcoBoost® Engine
- Reverse sensing system
- Air Conditioning
- Keyless Entry
- Roof-Rack Side Rails
- Rear View Camera*
- 17" Aluminum Wheels
- SYNC® 3 Enhanced Voice Recognition†

LEASE THE 2017 ESCAPE SE 4WD 201A

\$154 | **0.99%** | **60** | **\$1,995**
EVERY 2 WEEKS APR* MONTHS DOWN

PLUS, GET AN ADDITIONAL
\$750 | **BONUS CASH****

OFFER INCLUDES \$1,790 IN FREIGHT AND AIR TAX



IT'S EASY TO
GET INTO A **FORD**

Shop now at findyourford.ca or drop by your Metro area Ford Dealers of Ottawa Ford Store today.

Our advertised prices include Freight, Air Tax, and PPSA (if financed or leased). Add dealer administration and registration fees of up to \$799, fuel fill charge of up to \$120 and applicable taxes, then drive away.



Oh hey, you're looking for the legal, right? Take a look. Here it is: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). *Until June 30, 2016, lease a new 2017 Escape SE 4WD 201A for up to 60 months and get 0.99% APR on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease 2017 Escape SE 4WD 201A with a value of \$31,144 (after \$1,995 down payment or equivalent trade in and Manufacturer Rebates of \$0 deducted and including freight and air tax charges of \$1,790) at 0.99% APR for up to 60 months with an optional buyout of \$799, fuel fill charge of up to \$120 and all applicable taxes. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 80,000km for 60 months applies. Excess kilometrage charges are 12¢ per km, plus applicable taxes. Excess kilometrage charges subject to change (except in Quebec), see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. **Offer valid between May 3, 2016 and June 30, 2016 (the "Offer Period") to Canadian residents. Receive \$750 towards the purchase or lease of a new 2016 Escape; plus 17 Escape (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not raincheckable. Some mobile phones and some digital media players may not be fully compatible. Driving while distracted can result in loss of vehicle control. Only use SYNC systems / other devices, even with voice commands, when it is safe to do so. SYNC voice recognition and screens available in English, French and Spanish. Some features may be locked out while the vehicle is in motion gear. Optional Navigation system map updates cannot be received via Wi-Fi and requires a separate update. Data rates may apply. *Driver-assist features are supplemental and do not replace the driver's attention, judgment and need to control the vehicle. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.



Go Further



NISSAN 7 DAY SALES DRIVE

FROM
JUNE 13 – 20

OWN

FINANCE[†]
FROM 0%
APR FOR
UP TO 84
MONTHS
PLUS
\$1,000* FINANCE
CASH
ON SENTRA S M6



1.8 SR
model shown[▲]

LEASE

THAT'S LIKE PAYING ONLY
FROM[‡]
\$258 MONTHLY
WITH \$0 DOWN
\$59[≈] WEEKLY ON 2016
ROGUE S FWD
AT 0.99%
APR FOR
60 MONTHS



SL AWD Premium
model shown[▲]

SENTRA®
NEWLY REDESIGNED

2016 SENTRA IS AWARDED WITH
2016 IIHS TOP SAFETY PICK+
When Equipped
with Forward
Emergency Braking

7 DAYS ONLY

GET UP TO
\$2,250*

TOTAL CASH PURCHASE CREDIT
ON MOST 2016 SENTRA MODELS

INCLUDES
\$250
BONUS CASH

ROGUE®

2016 IIHS TOP SAFETY PICK+
When Equipped
with Forward
Emergency Braking

7 DAYS ONLY

GET UP TO
\$3,500*

TOTAL CASH PURCHASE CREDIT
ON SELECT 2016 ROGUE MODELS

INCLUDES
\$750
BONUS CASH

UP TO
\$4,000^{}** CASH PURCHASE CREDIT
ON SELECT ALTIMA MODELS



2.5 SR model shown[▲]

ALREADY DRIVING A NISSAN? OUR LOYALTY PROGRAM HAS GREAT OFFERS!
VISIT CHOOSENISSAN.CA OR YOUR LOCAL RETAILER

Offers available from June 13 - 20, 2016. [†]Payments cannot be made on a weekly basis, for advertising purposes only. *\$2,250/\$3,500 Cash Purchase Credit includes \$2,000/\$2,750 non-stackable cash and \$250/\$750 stackable cash available on the cash purchase of any new 2016 Sentra model except 1.8 S M6 (C4LG56 AA00) / any new 2016 Rogue SV AWD (Y6CG16 CC00/TE00/NV00) or 2016 Rogue SL AWD (Y6DG16 BK00). Applied before taxes. **\$4,000 Bonus Cash available on all 2016 Altima models except 2016 Altima 2.5 (T4LG16 AA00). \$4,000 consists of \$2,500 non-stackable and \$1,500 stackable cash. Available on cash purchase only. [†]Representative finance offer based on a new 2016 Sentra 1.8 S M6 (C4LG56 AA00). Selling price is \$16,529 financed at 0% APR equals 84 monthly payments of \$197 monthly for a 84 month term. \$0 down payment required. Cost of borrowing is \$0 for a total obligation of \$16,529. \$1,000 Finance Cash included in advertised offer. [‡]Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00). 0.99% lease APR for a 60 month term equals monthly payments of \$258 with \$0 down payment, and \$0 security deposit. First monthly payment, down payment and \$0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$15,460. \$1,100 Lease Cash included in advertised offer. [≈]Models shown \$37,469/\$24,329/\$29,767 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00)/2016 Sentra 1.8 SR CVT (C4SG16 AA00)/2016 Altima 2.5 SR (T4NG16 AA00). ^{**}Freight and PDE charges (\$1,795/\$1,600/\$1,750) air-conditioning levy (\$100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. For more information visit www.IIHS.org. See your participating Nissan retailer for complete details. [©]2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.



metro SPORTS

Maria Sharapova's appeal of her two-year doping ban to the Court of Arbitration for Sport will be ruled upon next month ahead of the Olympics

Farewell to Mr. Hockey

GORDIE HOWE

Thousands pay respects at Joe Louis Arena

Old hockey gloves, jerseys and framed photos were displayed on one side of Gordie Howe's flower-draped coffin, friends and family members were seated on the other.

Standing nearby were some of hockey's biggest names — Wayne Gretzky, Scotty Bowman and Steve Yzerman, to name a few — who swapped stories and shared memories of the man known as Mr. Hockey.

"Somebody said it best this morning that (Jean) Beliveau, the Rocket (Maurice Richard) and Gordie — they were the three people that probably could change a hockey rink into a cathedral," Gretzky said. "And when you walked in, it was more like a church today. It's really special."

The Joe Louis Arena doors opened Tuesday morning for the 12-hour public visitation to honour Howe, who died Friday at age 88.

A steady stream of fans and well-wishers shuffled slowly down a red carpet toward Howe's coffin for the chance to say goodbye to the man many consider the greatest player ever.

"There won't be another equal to Gordie Howe in my mind," said Red Wings fan Jim McIntyre of Chatham, Ont. "In my mind, he was the king of hockey and he was also a prince of man."

Howe was a star forward for



Mourners and fans paid their respects to Mark Howe, at the visitation for his father Gordie Howe (inset), at Joe Louis Arena on Tuesday in Detroit. BILL PUGLIANO/GETTY IMAGES

the Red Wings during much of his NHL career, which started in 1946 and ended in 1980. Howe, born in Floral, Sask., played 32 pro seasons and won both the Art Ross Trophy as top scorer and Hart Trophy as MVP on six occasions.

But he could do much more than score. Howe was quick with an elbow and was as tough as nails. Opponents crossed him at their peril.

It was in stark contrast to his style off the ice. Howe was soft-spoken, friendly and had a gentle demeanour.

"Wherever I go — anywhere in the world — and people talk about the Red Wings, they talk about Gordie Howe," Yzerman said. "They really do."

Howe set NHL marks with 801 goals and 1,850 points. Those records were eventually eclipsed by Gretzky.

"He's the nicest man I ever met," said Gretzky, his voice cracking with emotion. "I've been lucky in my lifetime. I got to be part of hosting the Queen, my wife and I got to meet Pope John Paul, I got to light the torch at Vancouver at the Olympic Games and they're all great honours."

"But when the boys asked me to be a pallbearer today, it was pretty special."

+ THE SCENE

Inside Joe Louis Arena, with soft red light shimmering against a black backdrop, banners marking the four Stanley Cup Gordie Howe won with Detroit in the early 1950s were displayed with his retired jersey banner.

Howe's No. 9 was also projected on the arena floor and two screens ran slideshows of old photos.

IN BRIEF

NHL rolling dice on Vegas

A person with direct knowledge of the NHL's decision says the league has settled on Las Vegas as the home for its next expansion franchise, provided organizers can come up with a \$500 million fee.

The person spoke Tuesday on condition of anonymity because details of the plans have not been released by the league ahead of its Board of Governors meeting on June 22 in Las Vegas.

THE ASSOCIATED PRESS

Big debut for Iceland

A goal from Birkir Bjarnason earned Iceland a shock 1-1 draw with Cristiano Ronaldo's Portugal on Tuesday at the European Championship in Saint-Etienne, France, the tiny Scandinavian nation's first-ever match at a major tournament.

Iceland was second best most of the Group F game and trailed to a first half strike by Nani.

THE ASSOCIATED PRESS

Blue Jays pummel Philly

Josh Donaldson hit a grand slam while driving in five runs and Marcus Stroman pitched seven strong innings as the Toronto Blue Jays blew out the Philadelphia Phillies 11-3 Tuesday.

Donaldson went 3-for-4 with two doubles to go along with his grand slam while scoring three runs.

THE CANADIAN PRESS

Lunch Break? Go Pigale!

OUR LUNCH BUFFET IS COMPLEMENTARY WHEN YOU PURCHASE ONE DRINK

LUNCH HOURS: Monday – Friday 12:00 pm to 2:30 pm

SERVING AAA STEAK ON WEDNESDAYS

club
PIGALE

97 Boul. Greber, Gatineau 18+
819-568-0117 www.pigale.com
5 MIN. FROM DOWNTOWN

THE BEST GENTLEMEN'S CLUB
IN THE CAPITAL REGION



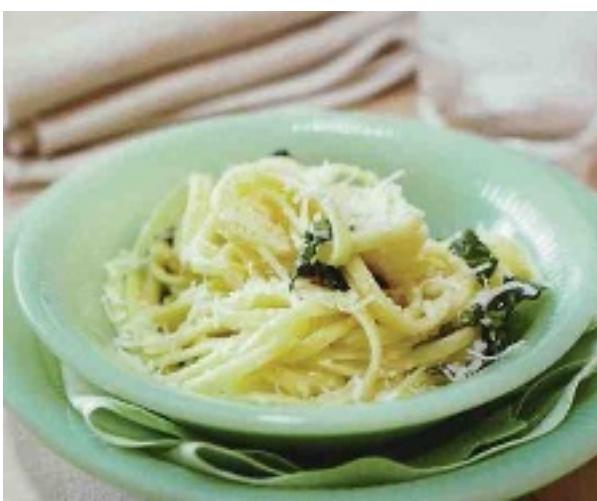
RECIPE Lemon Linguini

PHOTO: MAYA VINSKI

Ceri Marsh & Laura Keogh
For Metro Canada

Summer doesn't have to mean forgetting all about pasta for three months. This elegant linguini dish is zingy from citrus, yet has a light, creamy texture.

Ready in

Prep time: 10 mintues
Cook time: 10 mintues

Ingredients

- 1500 gram package of linguini
- 3 lemons, juiced
- 1 lemon, zested
- 6 Tbsp olive oil
- 1 1/2 cup Parmesan cheese, grated
- handful of basil, washed and sliced into strips
- salt and pepper to taste

Directions

1. Cook pasta according to package instructions. Scoop out about a cup of the cooking water before draining and set aside.

2. While pasta is cooking mix together lemon juice, zest, oil, Parmesan in a small bowl.

3. Place drained pasta back into the pot. Pour the sauce over the pasta and toss well until the cheese melts and each strand of pasta is well coated. You can add a bit of cooking water if you need to loosen up your sauce.

4. Add in the basil and toss again. Serve with a sprinkle of Parmesan

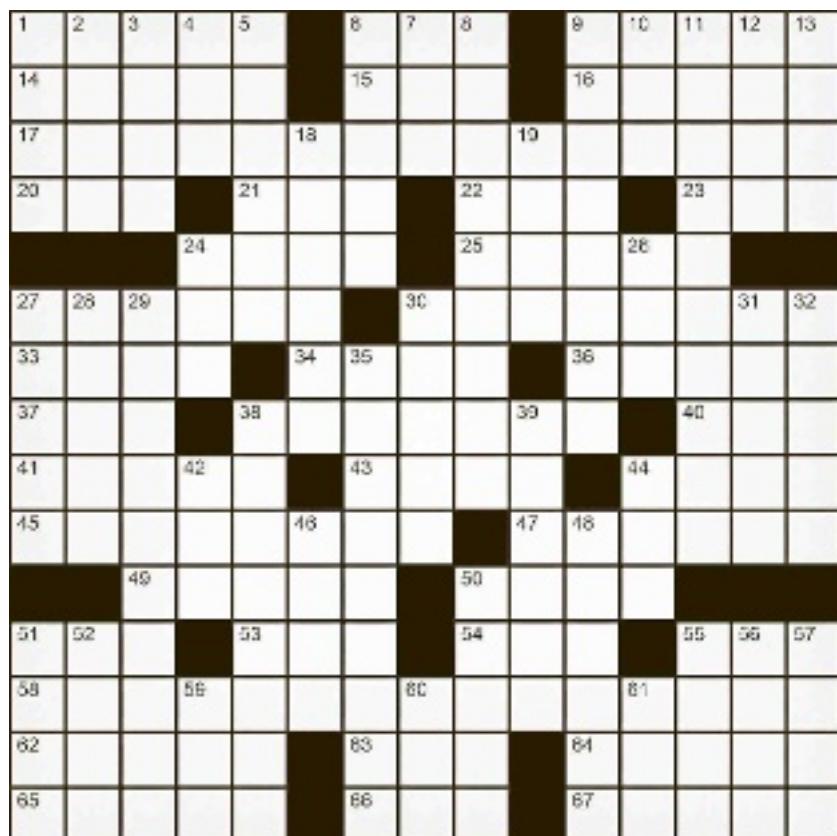
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Cary of "The Princess Bride" (1987)
6. Research _
9. Honolulu parties
14. Saskatchewan town south of Prince Albert
15. WWW address
16. Accepted practice
17. Promptly-pallid plane passenger props: 3 wds.
20. Ottawa gr.
21. Never: German
22. Bill the Cat's exclamation in comics!
23. "Zoolander" (2001) star ...his initials-sharers
24. A' in CIA [abbr.]
25. Hot chocolate
27. Arbitrate
30. Defeated
33. "Confl' - 'Contrad' - 'Constr' completers
34. Scarce
36. "Your" in French
37. "Well, __-di-dah"
38. The current Mayor of Montreal, Denis _
40. 'Absorb' suffix
41. For __ see (Open for the public)
43. Flower shop piece
44. Creamy cheese
45. Washes
47. Bellowing burro
49. Exclusive circle
50. __ Canal
51. Mtl. football players
53. Alternatives
54. Calgary Stampeders org.
55. Sugar amt.
58. Elusive quest for

**DOWN**

1. Mr. McGregor
2. __-back (Relaxed)
3. TV sitcom radio station
4. Lou Grant's portrayer ...his initials-sharers
6. __-haw!"
67. Tide types

- song that goes "... boat is painted green / Ha, me boys!"
7. Prince Valiant's son
8. Stadium seats waaaay out there
9. Canada's Capital Region... Geological passage-of-marble at-

- traction in Gatineau Park: 2 wds.
10. Computer's lettered port
11. ____(Item to help power up a TV remote control)
12. Australian boots
13. Legis. meeting
18. Roman orator

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8	2	7	9	6	
6						5
4			6			9
6			1			3
8	2		3	5	4	7
7						1
2						5
1			5			4
	7	3	8	6	1	

©2014 Conceptis Puzzles, Ltd. by King Features Syndicate, Inc.

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake**Aries** March 21 - April 20

Your communication skills are fabulous today. In fact, you can make money with your words, which is good news for those of you who sell, market, write, edit, teach and act.

Taurus April 21 - May 21

This is an excellent day for business and finance. In fact, all financial negotiations will be favorable to you. Shop for beautiful things for yourself and your loved ones.

Gemini May 22 - June 21

Because everyone is laid-back and mellow today, you will get along easily with all your contacts. You might be attracted to the arts and/or buy beautiful things.

Cancer June 22 - July 23

Solitude in beautiful surroundings will please you today. You want to mellow out; at the same time, you want to appreciate the beauty around you.

Leo July 24 - Aug. 23

You will enjoy entertaining at home today. Likewise, you will enjoy redecorating your home, because you want everything to be comfy, cozy and inviting!

Virgo Aug. 24 - Sept. 23

Relations with daily contacts are excellent today, because you are so charming. Enjoy talking to siblings, relatives and neighbors. This is also a good day for writers.

Libra Sept. 24 - Oct. 23

You love beautiful surroundings, and today you will want to buy beautiful things for your surroundings. On the whole, this is a good day for financial matters.

Scorpio Oct. 24 - Nov. 22

Today the Moon is in your sign, dancing beautifully with fair Venus. This promotes all your relations with others and stimulates your interest in the arts.

Sagittarius Nov. 23 - Dec. 21

It will benefit you to work alone or behind the scenes today, even if you're dealing with members of the general public. Quite likely, whatever you do will work out well.

Capricorn Dec. 22 - Jan. 20

Relations with a female acquaintance will be positive today. Someone might give you tips on how to improve your health.

Aquarius Jan. 21 - Feb. 19

You shine in the eyes of others today, especially bosses, parents, teachers, VIPs and the police. Because people think so highly of you, use this to your advantage!

Pisces

Feb. 20 - March 20 Travel for pleasure appeals today. In fact, any opportunity to enjoy beautiful places or arts and crafts of other countries will delight you.

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

4	8	3	5	2	6	1	9	7
5	1	9	7	3	8	4	6	2
6	7	2	1	9	4	8	3	5
1	6	7	4	8	5	3	2	9
9	3	8	6	1	2	7	5	4
2	5	4	9	7	3	6	8	1
8	2	1	3	4	9	5	7	6
3	4	5	2	6	7	9	1	8
7	9	6	8	5	1	2	4	3



CHARGED WITH A TRAFFIC OFFENCE?

NEW Location: 1901 Bank Street



www.xcopper.com



HYUNDAI®

OTTAWA'S FAVOURITE BRAND™

TRY IT OR BUY IT

E V E N T



Ultimate model shown♦



Ultimate model shown♦

TRY IT

LEASE FOR ONLY
\$69 WEEKLY | AT **0.9%[◊]** | FOR **60** MONTHS | INCLUDES A **\$1,000 WELCOME BONUS^Δ**

BUY IT

OR **0%** FINANCING | FOR **60** MONTHS[†] + **\$1,000 WELCOME BONUS^Δ**

— WITH \$0 DOWN —

THE ALL-NEW 2017 ELANTRA GL AUTO

TRY IT

LEASE FOR ONLY
\$59 WEEKLY | AT **0.9%[◊]** | FOR **24** MONTHS | INCLUDES A **\$750 WELCOME BONUS^Δ**

— WITH \$0 DOWN —

BUY IT

OR **0%** FINANCING | FOR **60** MONTHS[†] + **\$750 WELCOME BONUS^Δ**



Ultimate model shown♦

BUY IT

FINANCE FOR ONLY
\$79 WEEKLY | AT **0%[◊]** | FOR **84** MONTHS[†] | INCLUDES A **\$1,000 WELCOME BONUS^Δ**

— WITH \$750 DOWN —

TRY IT

OR **0.9%** LEASING | FOR **24** MONTHS[◊] + **\$1,000 WELCOME BONUS^Δ**



Dealers may charge additional fees for administration of up to \$499. Charges may vary by Dealer.

THIS IS HOW WE DO IT.

visit HyundaiCanada.com

5-year/100,000 km Comprehensive Limited Warranty††

5-year/100,000 km Powertrain Warranty

**5 YEAR
WARRANTY**

5-year/100,000 km Emission Warranty

5-year/Unlimited km 24 Hour Roadside Assistance

©††The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. Ottawa favourite brand statement based on January to December 2015 Polk sales report of Hyundai vehicles in competing segments. ΔWelcome Bonus of up to \$750/\$1,000/\$1,000 available on all new 2017 Elantra GL Auto/2016 Tucson 2.0L Premium FWD/2017 Santa Fe Sport 2.4L FWD models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer non-transferable and cannot be assigned. No vehicle trade-in required. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2017 Elantra GL Auto/2016 Tucson 2.0L Premium FWD/2017 Santa Fe Sport 2.4L FWD with an annual finance rate of 0%. Weekly payments are \$83/\$106/\$79 for 60/60/84 months. \$0/\$0/\$750 down payment required. Cost of borrowing is \$0. Finance offers include Delivery and Destination charge of \$1,695/\$1,795/\$1,895, levies and all applicable charges (excluding HST). Finance offers exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. ♦Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2017 Elantra GL Auto/2016 Tucson 2.0L Premium FWD/2017 Santa Fe Sport 2.4L FWD with an annual lease rate of 0.9%/0.9%/0.9%. Weekly lease payment of \$59/\$69/\$108 for a 24/60/24-month walk-away lease. Down payment of \$0 and first monthly payment required. Total lease obligation is \$6,136/\$17,940/\$11,232. Lease offers include Delivery and Destination charges of \$1,695/\$1,795/\$1,895, levies, and all applicable charges (excluding HST). Lease offer excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. \$0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of \$0.12/km. ♦Prices of models shown: 2017 Elantra Ultimate/2016 Tucson 1.6T Ultimate AWD/2017 Santa Fe Sport 2.0T Ultimate are \$30,627/\$41,527/\$46,627. Prices include Delivery and Destination charges of \$1,695/\$1,795/\$1,895, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. Δ†♦Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaiCanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.